



STUDYING CAN BE SCARY

But it doesn't have to be -

Follow these tips to help you
get through the upcoming
exams & assignments!



1. FIND YOUR STUDY STYLE

There are 4 main types: Visual,
Auditory, Read/Write, and
Kinaesthetic.

Take quizzes or find out by trial
& error!

2. MAKE A PLAN

Schedule your studying to
ensure you make time for it

but

be sure to take frequent breaks
and have days off!

3. SET GOALS

Make sure they are **specific,**
measurable and realistic!

e.g. I will study for 2 hours at 6 pm
on Tuesdays in the library

4. STUDY GROUP?

If you learn better in groups or have
a hard time keeping to your plan

why not start/join a study group with
people in your course!

5. ASK FOR HELP

If you are struggling to understand the material send an email to your lecturer or ask them after class

Alternatively ask your classmates or pop into the relevant Learning Centre!

ICT

CS1-046

ICTLC@UL.IE

MATH

A2-018A

MLC@UL.IE

SCIENCE

BO-021A

SLC@UL.IE

PSLC

C2-061

PEERLEARNING@UL.IE

WRITING

C1-065

WRITINGCENTRE@UL.IE

HEAD TO THE DLSH SULIS SITE TO FIND THEM ALL ON ONE PLATFORM

LINK IN BIO



6. DO NOT CRAM!

Even small increments of study throughout the semester will help reduce stress and anxiety when it comes to exams.

By not leaving it to the last minute you will feel more confident and do better!